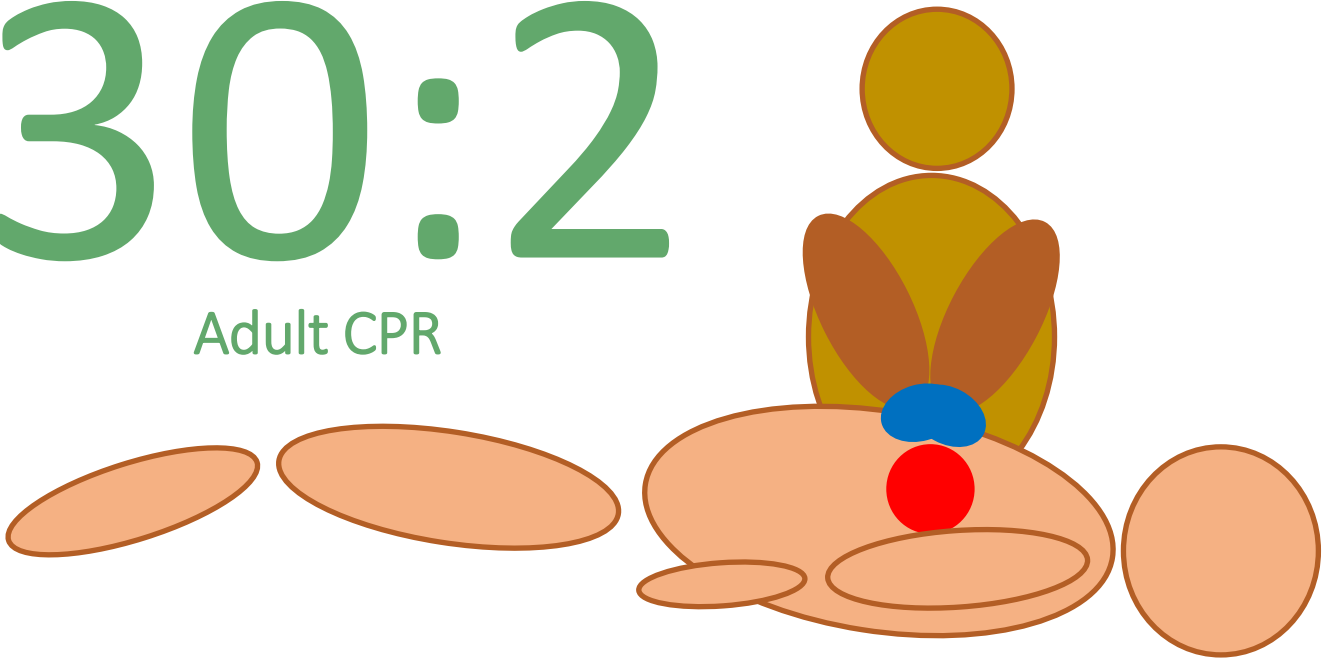


# 30:2

Adult CPR



This is how you do it

- 1 Check for **dangers**?
- 2 Check for **responses**, call for help
- 3 Open mouth and look for any obstruction
- 4 Lift chin to open **airway**
- 5 Check for 10 seconds **breathing**
- 6 Get help and defibrillator, call 999
- 7 Perform 30 chest **compressions**, rate of almost 2 per second
- 8 Perform 2 rescue breaths, watch chest rise
- 9 Repeat until help arrives or defibrillator tells you to pause

SEP 2016

First Aid Training call  
0330 113 1018

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